**The model lunch Challenge**
**Answer all following questions on your A3 poster**What do you have in your bag for lunch? (each member of the team writes her/his own, all on one poster)
Which item contains protein? which item contains starch? which item contains sugar? Which item contain fat? Any vitamins or fibers?
Compare your lunch with your team mates lunch, which one seems the richest? why?
Put all items in common, shuffle them, which ones will you pick to make the perfect lunch? why?
How many kilocalories are roughly in your model lunch?
What proportion of your average daily requirement does this model lunch cover?
Do you all have the same daily requirements in the team? why?
What improvement would you make to your lunch so that it covers 1/3 of your daily needs (show improvements in striking colour on poster)?
What items would you include in a healthy diet "lunch checklist" (write the checklist on poster)?

You can use as resources:
- your own knowledge
- your team mates' knowledge
- the food packages when relevant
- your textbook
- a computer